



NEWS

Five Work Wardrobe Must-Haves

Every closet needs some basic items which a complete wardrobe can be built; core pieces that easily mix and match with other elements in your closet or work just as well on their own. The key is finding pieces that are compatible and interchangeable, especially if you're on a budget.

A polished wardrobe not only looks good, it says a lot about you. It's a reflection of your personality. Your clothes can tell the world that you are neat, competent and professional, or sloppy, inappropriate and inexperienced. Which would you prefer?


Check out these five wardrobe fundamentals that should be found in every successful woman:

1. **Basic suit.** Black does the trick. Whether it's for an interview, meeting or personal event such as a wedding. Split up the suit, too. You don't always have to wear it as a "suit".
2. **Business Casual Gear.** For off-site meetings, a less formal attire is often appropriate; however, business casual rarely means sweat pants or jeans or gym shoes.
3. **Crisp White Shirt/Blouse.** I challenge you to find a situation where a simple, white blouse looks out of place. Pair it with a suit or as part of a business casual ensemble or perhaps with black jeans for casual Friday.
4. **Simple Accessories.** A stash of accessories can coordinate with multiple outfits and give those basic pieces a dash of style and a variety of looks. Scarves or colorful pins are a quick way to add a splash of color. All thumbs when it comes to scarves? Why not ask a friend or a co-worker who is often a scarf wearer to help you. If scarves simply aren't your thing, a simple chain with a pendant makes a great addition to any outfit.
5. **Versatile Shoes.** Black pumps are like the white blouse -you just can't go wrong with them. Choose a medium heel height and they can truly be worn with everything from a suit to a pair of jeans. Having black pumps in different styles is also a good rule of thumb.

Cost does not have to be a factor in building a career clothing collection because all of these items can be found from Armani to Target. Also check out the season-end sales—it's a great time to pick up items for next season, while saving \$\$ at the same time. Also check out consignment shops. You never know what you'll find. Professional image is always important.

February 2007

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 National Red Day	3
4	5	6	7	8	9	10
11	12 COURT HOLIDAY	13	14 	15	16	17
18 Chinese New Year. Year of the Pig	19 HOLIDAY	20	21	22	23 Deadline to submit news-letter articles	24
25	26	27	28			

Go Red for Women!

National Red Day is Friday Feb 2, 2007.

Heart Disease is the No 1 killer of women, so make your promise to be heart healthy. On Wear Red Day, support the American Heart Association's Go Red for Women movement and wear RED. Go Red in your own fashion...it's a gift from your heart!



FEBRUARY FEATURED SPEAKER

FEBRUARY 21, 2007 PROGRAM @ SBPEA

THE PROCESS OF SUCCESS

Presented by Mr. Mike Stevens, Author of "Make *Sure* Your Shirt Has Buttons"

Watch for the Meeting Flyer! And remember to RSVP



Board Positions Available!

February 2007

Due to recent board resignations, there are currently three positions on the CWN Board available.

****Director of Programs, 1st Position***

****Director of Memberships, 2nd Position***

****Director of Community Services***

If you are interested in any of these positions, contact Melonee Vartanian via e-mail.

Details of the duties and responsibilities can be found on the CWN website. If you have been looking for a way to become more involved in CWN, now is your chance!!

If a Board position is not for you right now, but you know someone who would be perfect for the job, you may nominate them with their permission.

Annual Golf Tourney

Many volunteers are needed to help plan and organize this annual event. Volunteers will also be needed on the day of the event. Tee sponsors and door prizes also needed.

If you are interested in volunteering some time to serve on a committee—contact Alice L. Lopez, our

2006/2007 Chairperson, via e-mail.

The golf tournament is scheduled for Friday, September 7, 2007 at the San Bernardino Golf Club. Check in begins at Noon; with a shotgun start at 1pm.

Come join us for a day of fun. The tournament is

open to all golf lovers. A portion of the proceeds from this event will benefit the Senior Nutrition Fund.



March Featured Speaker



Activist, author and speaker, Zoe Nicholson presents her story about the 1982 fast for the Equal Rights Amendment. Leading you through living history with slides and actual documents she shares her intimate diary about joining with 6 women to live on water only for 37 days in Springfield, Illinois. Historical and inspiring, she speaks from the heart with intimacy and humor.

This is a rare opportunity to actually meet and talk with a woman who made history, who was present when the ERA failed and continues to carry the torch for EQUITY.

Welcome New Members!

February 2007

A warm welcome to the following new CWN members

- Kathryn Jackson, Registrar of Voters
- Stephanie Sambrano, Behavioral Health
- Sally Gibson, Veteran's Affairs
- Tamara Thomas, DCS

- Pamela Nelson, Real Estate Services
- Gloria Zapata, Public Health
- Alejandra Santiago, Public Health
- Sharon Chivis, ISD
- DeeDee Villaroman, Auditor/Controller-Recorder
- Norma L. Garcia, DCSS
- Linda Nelson, DAAS Admin
- Colleen Krygier, DAAS
- Angelica Montes de Oca, Public Health

Welcome Aboard!!

JOIN CWN FOR HALF-PRICE

Love being a CWN member? Why not encourage your friends or co-workers to join? Membership dues are currently **half-price** for anyone joining for the first time. The half-price special does not apply if your membership has lapsed and you wish to renew.

If they do not wish to join now, they are always welcome to attend our monthly meetings for a guest fee of \$5.

Pass along the attached membership application today!!

Angie Moxey ~ Director of West Valley Region

My name is Angelina Moxey, but everyone calls me Angie. I currently work as an Administrative Assistant I for the Superior Court, supporting the manager of the Rancho Courthouse. I started out in 2004 as a temporary employee with the Courts, found that working for my boss was thoroughly enjoyable, applied and was hired on later that year.

I come from a multi-ethnic background, as my mother is from the Philippines and my father is from Jamaica. My parents were the first in their families to come to the United States and become professionals. Most members of my family before my parents' generation were subsistence farmers with very little formal education.

In 1999, I graduated summa cum laude with a Bachelor's degree from Cal Poly Pomona. I majored in Sociology and minored Public Administration.

I was accepted into the highly competitive California Senate Fellows Program and worked as a Legislative Aide at the State Capitol for the Senate Majority Leader at the time. I mostly worked on legislation and policy issues relating to health and human services.

Although living and working in Sacramento was interesting, I decided to take another direction and pursue my long-time interest in doing psychotherapy. To that end, I am currently taking classes to earn my Master's degree in Marriage and Family Therapy from the University of LaVerne.

My goal is to become a licensed therapist, continue my work in public service, with the possibility of reentering the field of public policy. In the meantime, I continue to enjoy my work here at the Court. I consider myself to be very fortunate to work with such a talented group of people and

to be in an organization that is very supportive of my educational goals.

I became a CWN member last year, and in December I was selected as Director of the West End. I joined primarily for networking and opportunities and the chance to win a scholarship. But when the opportunity to fill the director's vacancy came up, I decided it would be a great chance to coordinate events, build leadership skills, and learn more about growth opportunities in the county.

Between work and school, I still make time to hang out with friends, take day trips, browse in thrift stores, read novels, and think about starting (but not actually doing) some sort of a hobby.

If you are a West Valley CWN member and have ideas for our quarterly meetings, send me an e-mail. I'm looking for interesting and exciting programs.



FREE Seminar/Training Opportunity

February 2007



The CWN Board is committed to seeing that CWN members have access to the best training possible.

This is why we have made the commitment to send at 2 CWN members to a seminar every other month. And CWN will pick up the tab for the cost of the training!! We only ask that you seek your supervisor's approval prior to submitting your name for consideration. Names will then be drawn at random. If your

name is drawn and you later determine that you are unable to attend, another name will be drawn.

See the attached course description for February's seminar. If you're interested in being considered for this sponsorship, submit your name by the specified deadline.

Good Luck!



Photos from January's Meeting with Lisa Marie Platske



County Women's Network

CONTACT US

Melonee Vartanian, President
cwnprez@yahoo.com

Alvina Hollensbe,
Director of Publicity
cwn.newsletter@yahoo.com

Membership:
Chris Garcia,
cgarcia@wdd.sbcounty.gov

Programs:
Michelle Brass, mbrass@dbh.sbcounty.gov

~ Get to know your Organization ~

Each month there will be a trivia question about CWN in this monthly newsletter. If you know the answer to the question, send an e-mail to cwn.newsletter@yahoo.com by February 20, 2007 with "TRIVIA" in the subject line.

February Trivia Question

How many consecutive months must you be a CWN member before you can apply for a scholarship?

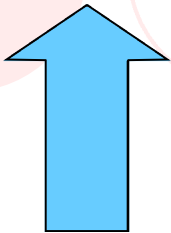
The CWN member with the correct answer wins!! Winner announced at the February 21 meeting. Must be present to win. Winner must not have won within the past 60 days.

A coupon for a free Starbucks beverage is the prize!

Old Cell Phones still
being accepted.

Bring them with you to
the next CWN meeting.

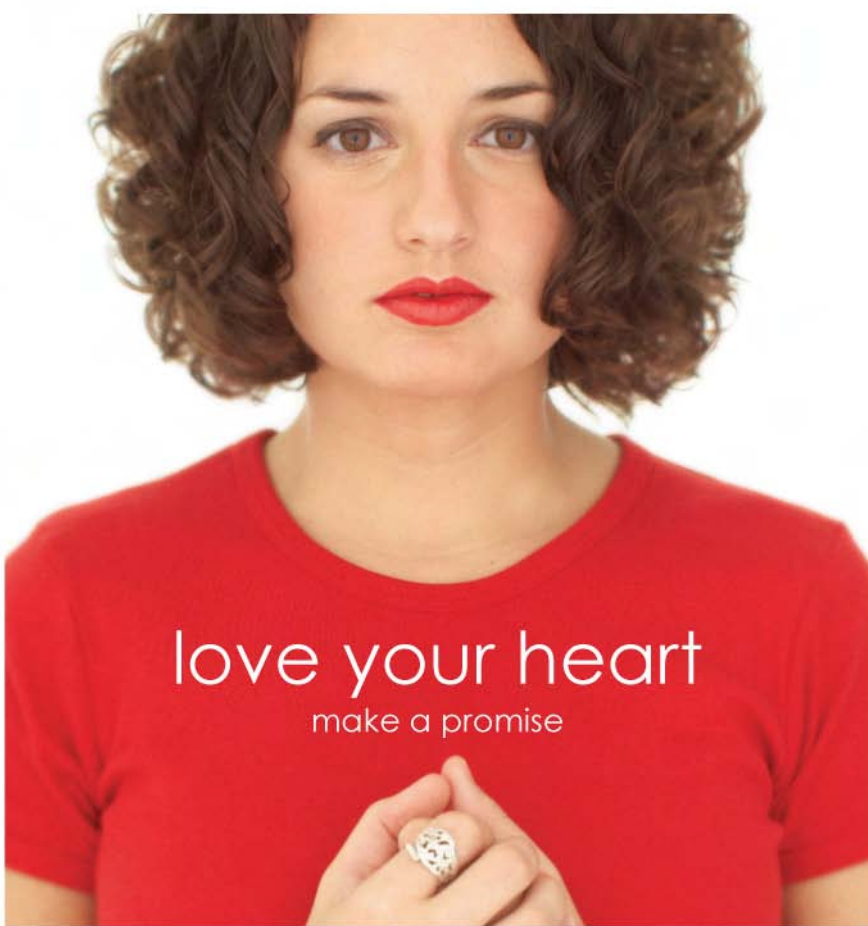
We've received over \$65
from this recycling
fundraiser.



Flag Day
February 24

Did you know?

- "Dreamt" is the only English word that ends in the letters "MT"
- A dime has 118 ridges around the ends.
- Leonardo Da Vinci invented the scissors
- Women blink nearly twice as much as men
- A "jiffy" is an actual unit of time for 1/100th of a second.
- The average person's left hand does 56% of the typing.
- Al Capone's business card said he was a used furniture dealer
- "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right
- There are only four words in the English language that end in **dous**: tremendous, horrendous, stupendous and hazardous
- There are two words in the English language that have all five vowels in order: "abstemious" and "facetious"
- If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.



love your heart
make a promise



 Go
Red
for women
love your heart American Heart Association. 

go red for women

Go Red For Women is the American Heart Association's nationwide movement that celebrates the **energy, passion and power** we have as women to band together and wipe out heart disease. Thanks to the participation of millions of people across the country, the color red and the red dress have become linked with the ability all women have to improve their heart health and live stronger, longer lives.

And taking care of your heart is more important than you might know. Too few people realize that **heart disease is the No. 1 killer of American women** – and of men. But the good news is that heart disease can largely be prevented. **Go Red For Women empowers women** with the knowledge and tools they need to take positive action to reduce their risks of heart disease and stroke and to protect their health.



Read on to discover how you can boost your heart health – understand your risks of heart disease, learn some simple steps you can take to strengthen your heart, and tap into some terrific heart-healthy programs.



take a moment,



close your eyes
put your hand on your heart,
think about its beat, the power of
your life in your hands



how important your heart is
now make a promise to do something
for yourself, for your heart today

...exercise, learn your numbers,
kiss someone, eat smart,



take just a moment...love your heart



and go red for women.



your heart is in your hands

Only you can love your heart. There are some risk factors for heart disease you can control:

- o **HIGH BLOOD PRESSURE.** This condition can increase your risk of stroke and heart attack.
- o **SMOKING.** If you smoke, your risk of developing coronary heart disease is two to four times that of nonsmokers.
- o **HIGH CHOLESTEROL.** The higher your total blood cholesterol, the greater your risk of coronary heart disease.
- o **PHYSICAL INACTIVITY.** Lack of physical activity increases your risk of coronary heart disease.
- o **OBESITY OR OVERWEIGHT.** If you have excess body fat – especially at the waist – you're more likely to develop heart disease and stroke.
- o **DIABETES.** Having diabetes increases your risk of heart disease and stroke, especially if your blood sugar is not controlled.

There are other risk factors to be aware of – talk to your doctor about how your age, race and heredity may affect your risk for heart disease.

schedule a go red health check

Talk to your health care provider about how these factors affect your risk of heart disease. Together, you can develop an effective heart disease prevention plan. It's an important part...of loving your heart.

visit goredforwomen.org for more information about your go red health check



5 simple ways to love your heart

It's not hard to reduce your risk for heart disease. Start today with small, simple actions like these:

1. **CELEBRATE WITH A CHECKUP.** Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.
2. **GET UP OFF THE COUCH.** Step, march or jog in place for at least 30 minutes most days of the week – you can even do it while watching TV.
3. **QUIT SMOKING IN FOUR STEPS.** Can't go cold turkey? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!
4. **DROP A POUND OR TWO.** Cutting out just 200 to 300 calories a day – about one candy bar's worth – can help you lose up to two pounds per week and gradually bring you closer to a heart-healthy weight.
5. **BECOME A SALT DETECTIVE.** Check out the Nutrition Facts panel on packaged foods to see how much sodium (salt) they contain. Aim for a total intake of no more than 2,300 milligrams (about a teaspoon of salt) per day.



go red in your own fashion

Now is the time to Go Red in your own fashion by spreading the Go Red For Women message – **love your heart** – to your friends, families and colleagues. Make your promise to be heart healthy – join the movement to help conquer heart disease and encourage others to do the same.

Join now and receive your **free red dress pin**.

Please visit goredforwomen.org or call 1-888-MY-HEART for more information about Go Red For Women.



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learn more about healthy living

For more information on how to enjoy a healthy and active life, visit these programs featured on goredforwomen.org:

CHOOSE TO MOVE SM — Designed especially for women, this active lifestyle program will get you moving in 12 weeks.

CHOLESTEROL LOW DOWN TM — Know what your cholesterol numbers really mean, and how a healthy lifestyle will keep your numbers on target.

HEART OF DIABETES — Created specifically for individuals with diabetes, this 12-week activity program will motivate you to make healthy lifestyle changes.

shop red for women

Want to go red and support women's heart health every day of the year?

Visit the Go Red For Women online store at **shopgored.com**.

You can browse a selection of:

- o Go Red merchandise
- o Go Red healthy living products
- o Go Red educational materials
- o Go Red special offers from national sponsors and cause partners

Net proceeds from the sale of all items support
Go Red For Women.



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goredforwomen.org



nationally sponsored by



foundation grant by **PacifiCare**®

National Center
7272 Greenville Avenue
Dallas, Texas 75231-4596
goredforwomen.org



County Women's Network Membership/Renewal Application

Date: _____ Employee #: _____ Phone: _____ Mail Code: _____
Name: _____ Title: _____
Department: _____ E-Mail Address: _____
Occupational Unit: _____ Region: ☐ Central ☐ West End ☐ Desert
Mailing Address (for those without e-mail): _____

☒ **New Membership** or ☐ **Renewal** (Due annually by July 1 - Delinquent after September 30.)

TYPE OF MEMBERSHIP: ☒ **Regular (Voting)** County Board-Governed employees, SANBAG, LAFCO, SB County Schools, & the Superior Court of California-County of San Bernardino
☐ **Associate (Non-Voting)** All others supporting CWN's objectives: City employees, private industry, retirees, students, etc.

DUES: Based on annual income. (Check 1 Year or 2 Year option **and** annual income range.)

☐ 1 Year ☐ \$55 (\$50K +) ☐ \$45 (\$40-49,999K) ☐ \$35 (\$30-39,999K) ☐ \$25 (\$29,999K or less)

☐ 2 Year* ☐ \$105 (\$50K +) ☐ \$85 (\$40-49,999K) ☐ \$65 (\$30-39,999K) ☐ \$45 (\$29,999K or less)

Members joining between January 1 and April 30 shall be assessed one-half the annual dues.

**The 2 Year option is only available to those joining or renewing prior to September 30.*

I am interested in serving on the following committee(s): _____
(Scholarship, Programs, Special Projects, Bylaws, Membership, Nomination/Elections, Newsletter)

NEW Members: How did you hear about CWN? (Please check one):

☐ New Employee Orientation ☐ Dept Bulletin Board ☐ Referred by: _____
☐ CWN Website ☐ Other: _____

DISTRIBUTION: Keep a copy of this application for your records

Send original application with payment to: 0046-WDD / Admin, **Chris Garcia** (interoffice) or mail to Chris Garcia at Workforce Development Department, 215 North D Street #301, San Bernardino, CA 92415-0046

REIMBURSEMENT OF DUES:

After you receive your CWN receipt of payment, complete an Education Assistance Proposal (EAP). Attach the original payment receipt and a copy of this application to the EAP. Submit paperwork to your Department for approval. Forward to the Auditor/Controller-Accounts Payable. Once approved, you will receive a check from the Auditor/Controller.

FOR CWN USE ONLY

Membership: Date Received: _____ Computer: _____ Receipt Issue: _____
Finance: Date Received: _____ Check/Receipt: _____

For more information, visit our website at <http://countyline/countywomensnetwork> (Intranet)
<http://www/cwn> (Internet) or call **Chris Garcia, (909) 387-9862**

Leadership and Management Skills for Women

Tuesday, February 13, 2007
9:00 a.m. to 4:00 p.m.
Ontario Airport Marriott
2200 East Holt Blvd., Ontario, CA

In this seminar you'll learn...

- The 6 most important tools you can have as a leader
- How to acquire a leader's mindset and image
- Tips for eliminating communication habits that rob you of authority
- How to prepare yourself for the next level of success
- And much more!

Is your leadership career going according to plan? Ever feel like you run into unspoken rules, imaginary boundaries and contradictory messages no matter where you turn? When it comes to getting results, do you ever feel like it's "one step forward, two steps back"? Feel as though others don't think you're as credible as your male counterparts? If you're nodding your head in agreement, you need to attend this workshop. It's one of those rare opportunities to acquire and master specific and usable skills to carry out every one of your demanding responsibilities with unshakable confidence and competence. It's tailor-made for women leaders like you who face difficult challenges every day and need solutions that work. After attending, you'll be a better manager and leader—and feel confident to take the place you so richly deserve at the leadership table.

Develop all the "right stuff"

- The labels women leaders are given—and how to keep them from holding you back
- Self-quiz: Honestly assess where you need improvement—even small changes pay big dividends!
- 5 key challenges faced by every woman leader sooner or later
- What men can do at work that you shouldn't
- Keeping an eye out for new opportunities to take risks—and take charge
- The many benefits of knowing your unique leadership style, what works and what gets you stuck
- 3 quick-results steps for improving your leadership effectiveness
- How to separate being liked from being respected

Capitalize on the power of direct communication

- Why some leaders almost instinctively fail to listen
- Getting heard in meetings: Pounding the table won't work, but these tips will
- When you must bear responsibility for a mistake ... how and why to put a positive spin on it
- How to communicate directly and professionally—with your whole body
- 3 facts that will make speaking in public a whole lot less stressful
- How to avoid the tendency to hold back when men are present (The "Speak early, speak often" rule)
- How to say "no" when appropriate—without sounding like the "Queen of Mean"

Take on the toughest conflicts

- How to disagree without being called names (you know which ones we mean) behind your back
- Conflict: When the voice in your head says "Run away," here's how to talk back to it
- The top 7 sources of conflict on the job—and how the wisest women leaders handle them
- Resolving conflict among employees—what is a leader's role, really?
- How to appear immune to cruel words, potshots and personal attacks (even when you're not)
- Face and conquer the reasons your emotions sometimes get in the way
- How to protect yourself from jerks and other difficult people

Project credibility and earn the respect you deserve

- 2 types of networks and how each is a major resource for women on the way up
- The difference between bragging and claiming value for what you've accomplished
- Increasing your visibility: How to overcome the double bind women often find themselves in
- How to stop talking too fast, apologizing, over-explaining—and making other credibility-robbing mistakes

Approach diversity as an opportunity, not a problem

- 4 major myths of diversity—and how to make it your job to debunk them
- How to make supervising employees with different values, lifestyles and views a positive part of your job
- When an employee is young enough to be your child—or old enough to be your parent: A timeless management principle to put into practice
- Why and how to have a plan—and a passion—for creating a diverse culture
- Responding to gender bias: Tips ... and a few warnings
- How to create a welcoming environment for workers with disabilities

Motivate, coach, delegate—and win employee support

- Why bother to delegate? Because you and your employees win
- 2 things to remember about keeping good employees on board
- Why some women feel uncomfortable giving praise—and why successful motivators don't think that way at all
- Using the technique of "fait accompli" to negotiate for what you want
- The key to motivating the unmotivated: Be very good at these 5 things

Make criticism and discipline work for you and your employees

- Don't soft-pedal when discussing poor performance—lay it all out on the table
- How to keep your feedback positive—even when the employee is angry or has endless excuses
- Disciplining employees: Don't go another day without knowing this simple truth
- Getting even the most contrary employees to do what they're supposed to do
- How allowing bad attitudes can tarnish your image faster than anything—get to the root of the problem fast

Where the rubber meets the road—plan your next steps on the road to success

- Behind closed doors: What top managers really look for when deciding who to promote
- The gift of honesty: How to find a mentor, ask for feedback and get it
- Why and how to create a vision statement of success—25 words or less, please!
- How to expand your possibilities—in spite of the subtle messages women get about where they "belong"
- Women don't have to work twice as hard to be good: Avoiding the tendency to overload yourself
- Putting work ahead of your personal life—things to think twice about

If you are interested in attending this seminar, submit your name via e-mail to Denise McGovern by February 7.